

# Care after an injection for frozen shoulder

Department of Radiology

Information for Patients

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## Important information

This leaflet tells you what to expect after your injection. It gives you important instructions and exercises to do.

The radiologist has injected your shoulder with:

- **Local anaesthetic** to reduce pain in the shoulder joint. Its effect starts to wear off after a few days.
- **Steroid** to reduce inflammation and pain in the joint. It takes longer to work than local anaesthetic, but the effects should last weeks to months.
- **Air** to stretch the area around the joint that has become tight. The joint might feel bubbly for a couple of days.

## Just after the procedure:

- Do not drive or cycle for 24 hours.
- Your shoulder may feel sore for a while. You can take simple pain killers such as paracetamol to help if you need to.
- Avoid hard physical activity, driving or operating heavy machinery for 24 hours. After 24 hours you can return to any activities, including work, you were doing before the procedure.
- The risk of infection in the joint after this procedure is very small. If your joint gets red or becomes hot, swollen or painful, or if you get a high temperature (fever) you must call your family doctor (your GP) urgently or call the NHS Helpline on 111.

## What should I do now?

Write down any changes in your symptoms that happen over the next few weeks until you see your consultant. Take this information with you when you see your consultant.

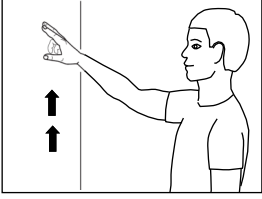
When you get home start doing some simple exercises regularly after the injection. This will help your shoulder to get better. See the exercises on the next page.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

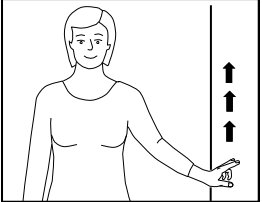
## Exercises for the arm which had the injection

You should do these exercises **3 times a day** until you are seen in clinic.



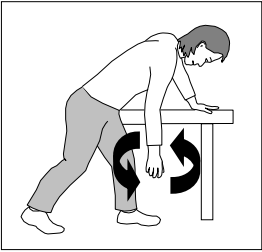
### Exercise 1 - the front 'finger walk'. Do this exercise 10 times.

- Stand facing a wall.
- Put your arm straight out in front of you and 'walk' your fingers up the wall to above shoulder level and back down again.



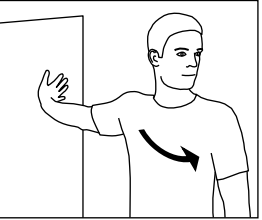
### Exercise 2 - the side 'finger walk'. Do this exercise 10 times.

- Stand side-on to the wall.
- Put your arm out straight to the side and 'walk' your fingers up the wall to above shoulder level and back down again.



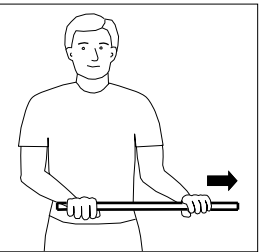
### Exercise 3 - 'pendulum circles'. Do this exercise 10 times.

- Stand next to a table or worktop, leaning on it with 1 hand.
- Let the arm which had the injection hang straight down and relaxed.
- Swing your arm round as if drawing a circle on the floor.
- Change direction and repeat.



### Exercise 4 - the bicep stretch. Do this exercise 10 times.

- In a standing position, lift your arm as high as possible and support it against a door frame.
- Turn your chest away until you feel a stretch in your upper arm.
- Stay in this position so you feel it stretching for about 20 seconds.



### Exercise 5 - external rotation. Do this exercise 10 times.

- Lie on your back with your elbows against your body and at a right angle.
- Hold a stick in your hands.
- Move the stick sideways pushing the arm to be exercised outwards.

Keep your elbows next to the body while you are doing this exercise.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
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